

SCARBOROUGH SPA,
BY
JOHN KELK, M.D.

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Boatman, artist.

W. H. Worrell,
10, Old Bond Street, London.

A Launch from the Ship

THE
SCARBOROUGH SPA,

ITS

NEW CHEMICAL ANALYSIS AND MEDICINAL USES;

TO WHICH IS ADDED

ON

THE UTILITY OF THE BATH.

BY

JOHN KELK, M.D.

RESIDENT PHYSICIAN AT SCARBOROUGH.

“Duo sunt Medicinæ Cardines, RATIO ET OBSERVATIO; observatio tamen est filum ad quod dirigi debent medicorum ratiocinia.”

BAGLIVI.

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TO THE VENERABLE
HENRY JOHN TODD, M.A. F.S.A.

CHAPLAIN IN ORDINARY TO HER MAJESTY,
AND ARCHDEACON OF CLEVELAND,

This Little Volume
IS MOST RESPECTFULLY INSCRIBED,
BY HIS SON-IN-LAW,
THE AUTHOR.



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P R E F A C E .

In the early periods of history, Scarborough, as a town, is scarcely ever mentioned, excepting so far as it was connected with its castle, which was built by *WILLIAM LE GROS, Earl of Albemarle and Holderness, in the reign of King Stephen and about the year 1137. The present ruin affords but a faint idea of the ancient strength of this important fortress, which at one period was considered impregnable. It was, nevertheless, taken during the reign of Queen Mary by THOMAS STAFFORD, second son of Lord Stafford, who with a small company disguised as market

* Thornton Abbey in Lincolnshire, which now forms part of the vast domains of the Earl of Yarborough, was built by this nobleman.

people obtained permission to enter the fortress, and selecting a favourable opportunity secured the guards, seized the gate and admitted their companions, who under the exterior garb of peasants had concealed arms on their persons. This gave origin to the proverbial expression still used in this neighbourhood: “Scarborough Warning,” that is none at all, but a sudden surprise, when a mischief is felt before it be suspected: however, within six days, by the skill and activity of the Earl of Westmoreland, STAFFORD was taken prisoner, sent to London and beheaded; FULLER quaintly observes, “so that since the proverb accepteth a secondary [but no genuine] sense: and a ‘Scarborough Warning;’ may be a *caveat* to any, how he undertaketh a treacherous design.” In the civil wars during the time of King Charles the First, Scarborough sustained two sieges from the Parliament’s forces. It was during the second siege of the Castle, that the besiegers made a strong lodgement in St. Mary’s Church, which was then very large, and the towers being lofty enabled the assail-

ants to annoy the garrison so much, that it was obliged to return the fire, and the besiegers were soon compelled to quit their position, but not before the church was nearly destroyed. We learn from a brief obtained for the rebuilding of this church in the year, 1660, that during the siege “two very fair churches were by the violence of cannon beaten down: and that in one day, there were three score pieces of ordnance discharged against the steeple of the upper church of St. Mary, and the choir thereof quite beaten down, and the steeple thereof so shaken that notwithstanding the endeavouring of the inhabitants to repair the same, the steeple, and the bells on the tenth day of October last, fell, and brought down with it most part of the same church.” The church of St. Thomas, which had been used as a magazine by the parliamentary forces, was completely destroyed by the guns from the Castle.

Scarborough at this day presents two great attractions to the invalid,—namely, its medicinal waters and sea bathing. At the Spa

there are two mineral Springs, and they are both *Saline Chalybeates*; that which is called the North Well is the strongest chalybeate, and the South Well holds in solution the greatest proportion of aperient salts. When drank at the fountain they have both a brisk pungent chalybeate taste, but the purgative is also slightly bitter: their properties are said to have been discovered about the year 1620, and the waters have ever since been held in high estimation.

Brunswick Terrace,
June 18th, 1842.

THE
SCARBOROUGH SPA.

*“Ut curvi norma rectum, ita morbi sanitas;
et qui servare sanos novit, bona parte eorum,
quæ ad tractandos ægros pertinent, instructus
est.”*

GAUBIUS.

THE
SCARBOROUGH SPA.

“Gracious Heaven ! grant me but health, thou great bestower of it, and give me but this fair goddess as my companion ; and shower down thy mitres, if it seem good unto thy Divine Providence, upon those heads which are aching for them.”

STERNE.

Every person, who visits Scarborough for the first time, is charmed beyond measure with the beauty of its situation. As you approach it from York, on descending the heights above Stepney, the noble ruins of the ancient Castle situated on a bold and lofty promontory, the pretty little town located in its beautiful bay, and the vast extent of the German Ocean, studded with its varied sails, suddenly burst upon you.

Indeed, on a beautiful sunny summer's day,

nothing can be more pleasing to the man of taste, nothing more cheering to the broken down spirits of the invalid, than this unique picture, which is, as it were, spread out before him at his very feet.

The freshness of the air, so different to what is breathed in the interior of England, and so little like what is inhaled by the inhabitants of sooty and smoky towns tainted with a thousand impurities, seems already to invigorate the drooping body, before it has arrived at this Gem of Watering Places.

The views of Scarborough from the Whitby road above Cloughton are beautiful in the extreme: to the left we have the open sea; at a distance the northern cliffs of the Castle rock, surmounted by its lofty, battered and weatherbeaten Keep:—to the right lies Oliver's Mount, with its peak, frequently like Skiddaw, enveloped in a misty shroud; and almost as far as the eye can reach, we see Filey bay, with its extended sweeping bend, terminating at Flamborough Head, the supposed Ocellum Promontorium of Pliny; where in clear wea-

ther, we can plainly distinguish the elegant modern Lighthouse, as well as the old octagonal Tower, which, although now a ruin, still serves as a land-mark to the brave, and hardy fisherman at sea.

The southern road is scarcely less to be admired ; near the pretty little bay called Cayton Bay, we travel for some distance almost on the margin of the precipice, and as we approach nearer to Scarborough, besides the Castle, the Harbour with its shipping, and the venerable Church of St. Mary ; we have a full view of the modern town, particularly of the noble Crescent and its elegant Villas, which are equal to any thing of the kind in England.

In an old book, printed in the year 1660, which is in my possession, and in which there is a Poem, dated "York, May 29th, 1660," being the very day of his Majesty Charles the Second's most happy restoration ; I find the following description of Scarborough and its Spa, which for the sake of the curious I lay before the reader.—"In the South East corner

of the North Riding of Yorkshire, upon the coast of the German Ocean, is situated the ancient Corporation of Scarborough. It seems to have its name from Scar, which signifies a cleft, [as learned Camden thinks, and Burgh, a Town,] as if it were said, a town in the cleft, being environed both on the west, north, and east, with mighty hills and rocks. It may be said of this place, as of most of our Corporations in England, “*Caput inter nubila condit :*” we know not its origin. The town is governed by two Bailiffs, two Coroners, four Chamberlains, and thirty-six Burgesses, consisting of three Benches, annually chosen, dignified with a right of electing two representatives in Parliament. It is fortified on the north east with an exceeding high and inaccessible rock, which stretches itself at good distance into the sea, containing about eighteen or twenty acres of good meadow land on the top of it; although **CAMDEN**, out of **WILLIAM of NEWBURGH**, speaks of sixty acres; whether the greatest part of it be washed away with the sea, or whether the difference lies in the various mea-

sures of acres, I will not dispute. The passage to the rock is by a narrow neck of land, on which is a draw-bridge over an exceeding deep trench: near which is the Castle, which hath been accounted very strong, although it is now become useless, one half of it having fallen from the other, through a battery of guns, in the siege that was maintained against it by Sir John Meldrum, against Sir Hugh Cholmley, in the late unhappy wars. The top of the Rock towards the town, from the entrance into the gate to the Sea, is further fortified and adorned with a very strong Stone Wall, all the other side of the Rock is open to the Sea. There are two Rarities which I observe on the top of this huge rock: the one is an exceeding deep Well made with hewn stone, which seems to be dry at the bottom, through which it is thought there is a secret passage into the Town: the other is a Spring of fresh water, within a short distance of the edge of the Rock towards the Sea, which in the most droughty summers never wanted water, and was of singular use to Sir Hugh Cholmley and

his garrison in the Siege, and also to the present garrison."

I cannot omit here relating, that Lady Cholmley suffered all the dangers and privations with her husband during the Siege above mentioned, and shewed that affectionate and heroic spirit which has never been surpassed by the most celebrated heroines. On Sir John Meldrum requiring Sir Hugh Cholmley to deliver up the Castle, and sending messengers threatening him with the direst vengeance in case of refusal ; intimating, that if the blood of one of his men were shed at the storming of the Walls, he would give quarter neither to *man* nor *woman* : Lady Cholmley, fearing lest her presence might unman the heart of her husband, earnestly implored him to have no consideration for her safety, praying him to do nothing that might, by any possibility, tarnish his own honour, or prove detrimental to the cause of King Charles.

After the description of the Castle and Rock, our old author soon afterwards proceeds to say, "That which adds further to the fame of the

place, is the Spaw Well, which is a quick spring about a quarter of a mile South from the town, at the foot of an exceeding high cliff, arising upright out of the earth, *like a boiling pot*, near the level of the Spring Tides, with which it is often overflowed.”

This is indeed, a very plain and simple description of the Spring itself, as it was to be seen nearly two hundred years ago; and at a time when the water was at least esteemed as much as it is at the present day, it being recorded that very many gentlemen who had visited the German Spas, preferred the Scarborough water, on account of its acting more speedily on the system, and eradicating obstinate diseases of the skin and kidneys, and also various other disorders, to which much medical treatment had proved but of very little service. The description of the water springing up like a “boiling pot,” would lead us to imagine that it had the appearance, at that time, of the far famed Sprudel of Carlsbad; be that as it may, the waters are at this day inclosed by a Rotundo, ornamented with neat blustrades in

stone work ; the descent is by a flight of steps, and an ample archway forms the entrance to the platform of the mineral springs ; in the centre is a marble table, where the glasses are placed for the convenience of those who drink the waters, and a civil and obliging person is always at hand to serve the invalid, or amateur.

Before entering into a consideration of the Scarborough Waters, it will be as well to make a few observations on the air, which, after all, is a matter of the greatest importance to the invalid. Let me then, inform the reader, that no place in England can pretend to boast of a better, or purer air than Scarborough ; indeed, every person on his arrival here, immediately experiences its delightful bracing, and exhilarating power. Situated, as it is, at a considerable height above the sea, and although sheltered in a great measure from the North East wind ; yet, let it blow from whatever quarter it may, the air is ever pure and free, and on the land side, to the west, it is neither interrupted by woods, nor rendered damp by marshes or standing waters. In truth, I may safely say, that

the atmosphere is so extremely pure and healthy, and the mineral waters are of so much importance, that under judicious management there are but few chronic diseases, which we have not a right to expect will be either cured, or greatly alleviated by a short residence here.

It must also be remembered, that the change of scene and the numerous pleasant rides with which the neighbourhood abounds, will tend much to draw away the attention of the valetudinarian from his illness; and there is nothing more likely than delightful scenery, to cause the melancholy hypochondriac to forget his cares, and sooth his distracted mind. It is true, that change of scene alone cannot be expected to perform the cure of all nervous diseases, which we frequently find so very complicated; but at all events, it is an adjuvant not to be despised, and should never be neglected: it is of such consequence, indeed, that hundreds of mental disorders are cured daily, almost by this alone; and this fact is so well established, that we have only to visit our shores to witness the truth of it.

HACKNESS AND THE FORGE VALLEY.

Amongst the numerous pleasant excursions in this neighbourhood, the drive to *Hackness* is generally the most admired by strangers;—the route, usually preferred, is by the village of Ayton, and thence, through the *Forge Valley*, which exhibits as delightful sylvan scenery, as the eye of the landscape painter can well desire. Besides the hanging woods, thickly crowded with trees of every kind, and the banks covered with thousands of wild flowers, growing in all the fantastic and luxurious negligence of nature; we have the bright crystal water of the river *Derwent*, winding its way along the valley, over-hung with underwood, gracefully drooping, and kissing the sparkling stream, as it nimbly glides over its gravelly bed.

Indeed, scarcely any thing can be a greater treat, than driving with a pleasant party, on a bright sun-shiny day, through this valley to the nice little inn at the village of Hackness, where a great deal of neatness, and rural taste, characterize all the neighbouring cottages:— then, as you approach the Hall, the scenery is still more charming; the Church, with its spire pointing towards heaven, looks secluded from the world;— it is a gem of its kind, and an excellent specimen of what a village church ought to be;—with its neatly gravelled walks, surrounded with trees and shrubs, the background so beautifully wooded on the adjoining hills,— and then, the subdued colour of the fabric itself—so softened and mellowed by time, adds greatly to the delightful repose of the surrounding scenery.

The situation of Hackness Hall is extremely picturesque;— it is in a circuitous vale, surrounded with lofty hills, which rise irregularly, and are covered with timber to their very summits; in the immediate foreground, we have the lawn and pleasure gardens very taste-

fully laid out, and sloping towards the west;—a little to the right is the beautiful church already alluded to, which, with the surrounding woodland scenery, forms an enchanting picture of itself:—more in front, is stretched out the silvery mirror of the lake ; the northern banks of which are well planted with forest trees and evergreens ; and considerably in perspective, the horizon is bounded by the high and steep brows of the distant moors, covered with heather in all its shades of varied beauty.

I feel that I have only given a very faint description of this delightful excursion ; but, I am convinced that no one will ever return from it, not only without being disappointed, but with a feeling of real gratification ; for Hackness* has a character of loveliness about it, which good taste will always fully appreciate.

* Sir J. V. B. Johnstone, Bart. M.P. of *Hackness Hall*, was elected Knight for the county of York on Mr. Brougham's elevation to the peerage in 1830 ; he sat for the borough of Scarborough in the Parliament of 1835, and was returned at the last election in 1841 ;—having Major General Sir F. W. Trench, K.C.H. M.P. for his colleague.

THE ANALYSIS OF THE SPA WATER, &c.

Before mentioning the maladies in which the Scarborough Waters are recommended, and have been found of the greatest utility, I will give the Analysis of the Mineral Springs according to the latest examination by Richard Phillips, Esq., who was engaged professionally for that purpose: the skill of Professor Phillips is so well known, that no doubt can be entertained of the philosophical correctness of his investigation:

THE CONTENTS OF A GALLON ARE AS FOLLOW:—

	NORTH SPRING.	SOUTH SPRING.
Azotic Gas.....	6·3 cubic inches	7·5
Chloride of Sodium (Common Salt) ..	26·64 grains	29·63
Crystallized Sulphate of Magnesia ..	142·68 ,	225·33
Crystallized Sulphate of Lime	104·00 ,	110·78
Bicarbonate of Lime	48·26 ,	47·80
Bicarbonate of Protoxide of Iron....	1·84 ,	1·81

Temperature 49° with very little variation.

It is evident enough from the above Analysis, that these waters hold in solution ingredients which are of the highest importance: shortly after drinking a glass of the South Spring containing half a pint, the patient feels an agreeable sensation at the stomach, followed by a general warmth, which imperceptibly creeps over the whole frame: the spirits become exhilarated and he feels himself more inclined to enter into any scheme of amusement or pleasure, which forms the great business of watering places. If the water be taken between breakfast and dinner, it generally improves the appetite, and the invalid eats his dinner with greater pleasure than before he commenced taking it. When it is advised to be taken early in the morning, with the intention of acting gently on the bowels, it is sometimes necessary to take a little mild aperient medicine the night before, and follow it up with two or three glasses of the water on the following morning, the cold air being previously taken off, and the water drank at proper intervals: when drank in less quantity, and if walking or riding exer-

cise be used, it then acts as a pleasant diuretic, and if the weather be warm, it increases the perspiration, without inducing debility. After relating the above-mentioned facts, which I have frequently experienced in my own person, as well as learned from numerous patients who have drank the water ; it seems that it acts, not only as a very nice alterative, but as a tonic and diuretic, and also frequently as a diaphoretic : indeed, it acts as a gentle stimulus, and is particularly well adapted to strengthen the stomach, let it be weakened from whatever cause it may, and at the same time it materially assists the digestion. As it passes along the alimentary tube, it mixes with the bile and other fluids, it stimulates the numerous glands which are distributed on the surface of the bowels to pour out their contents ; by which means, the various canals connected with the liver, pancreas, and other viscera become deterged, and many obstructions are removed. At the same time, the lacteal or absorbent vessels are called into more healthy action, these innumerable vessels ramified on the extensive

coats of the intestines, take up by thousands of mouths the nutritious part of our food, and convey it into the sanguiferous system ; thus, the whole animal economy is strengthened, and all the functions are improved.

I must here remark, that the maladies for which the Scarborough Spa is more particularly adapted, and for which it is found to be the most beneficial, are almost all of the chronic kind; by which, I beg to explain, is meant disorders which have been of long standing, and in which, generally speaking, there is not any immediate imminent danger : by this term, they are distinguished from inflammatory diseases, fevers, &c., in which patients are most commonly confined to their beds, and after running through the usual course of the disease, which lasts a few days, it terminates either favourably or otherwise, as the case may be : these last diseases are called acute, in which we cannot pretend to expect much relief from mineral waters, even if patients could easily obtain them.

The following are cases in which this Spa,

is found to be of the greatest use : namely, in those disorders in which the stomach is particularly affected, either with the feeling of sickness, heart-burn, acid eructations accompanied with indigestion, and loss of appetite ; and in that kind of Gout called the *atonic* where we find the strength of the sufferer much reduced by its repeated violent attacks, we may, indeed, expect to find much benefit from this water. I may here observe, that although in the *atonic gout*, the whole body is almost always in a very debilitated state, yet the stomach generally suffers more than any other organ ; and it frequently happens, that the patient obstinately persists in believing that the symptoms have nothing to do with the gout.

Many diseases of the intestines, and other abdominal viscera, may likewise be much benefitted by these waters ; also hypochondriacal affections, and the confined state of the bowels, which almost always accompanies these disorders ; it has occasionally been found useful in the gravel, and piles. We may also have recourse to it in schirrous affections of different

glands ; in scrofula, and in many complaints of long standing, in which the skin is covered with cutaneous eruptions ; of course, some of these maladies may be of such an obstinate nature, that they will require the assistance of other remedies.

Scrofulous complaints, have been much relieved by these waters, and as such diseases are generally accompanied with great debility, purging, on this account, would be improper, as it would prevent the water from being taken up by the absorbent vessels ; but when taken in moderation, it is likely to be of great use. The saline portion is just sufficient to make it act as a gentle stimulant, without operating by the bowels ; it is then received into the blood and promotes all the secretions ; the iron it contains will assist in removing debility, which if not truly the real cause of the disease, never fails to protract the cure :—at the same time, the cold or tepid sea-water bath should be used at least twice or three times a week.

There are various diseases of the skin in which this Spa is extremely useful, and when

taken with that intent, I almost always advise it to be accompanied with warm or hot bathing, as occasion may require, and although, generally speaking, I find from ten to twenty-five minutes a sufficient length of time for the hot bath, yet, I must candidly confess that in cutaneous diseases a longer immersion is frequently attended with the greatest benefit, and the bathing ought to be repeated at least every second day, if there should be nothing to indicate to the contrary. Such patients generally speaking, will find it most advantageous to go into the bath in the evening, and if it should be necessary to promote perspiration afterwards, then, a little warm diluting drink, such as gruel or tea should be taken.

In many other disorders in which the warm bath is recommended, the most convenient and proper time, will be about an hour and a half before dinner, the patient carefully avoiding taking violent exercise immediately afterwards. I need scarcely remark, the utility of the use of friction on coming out of the bath, so, as to

rub the skin perfectly dry ; and friction diligently used in the bath itself, is sometimes of very great service, particularly to the rheumatic, and those who suffer from paralytic affections.

It is almost impossible, to lay down any general rules for the diet of invalids at watering places,—however, as so many temptations may be thrown in their way, I will venture to say a few words on the subject ; and will premise by observing, that every one possessed of common sense, must know what food agrees with him better than any one can inform him ; but notwithstanding this knowledge, it is curious enough, how seldom it is put in practice ! It is very clear, that we cannot reasonably expect tranquility of the nervous system, whilst there is disorder going on in the digestive organs.

This was so well known by the ancients, that nearly two thousand years ago, the accomplished poet Horace, in his satire on the expensive luxuries of the Romans, thus forcibly opens his poem :—

*“Discite, non inter lances mensasque nitentes ;
Quum stupet insanis acies fulgoribus, et quum
Adclinis falsis animus meliora recusat :
Verùm hic impransi mecum disquirite.”*

If the gourmand would study this poem, and follow the excellent advice given in it ; he would seldom have to complain of the headache.

A late celebrated writer, [Mr. Abernethy] observes, “as we can perceive no permanent source of strength but from the digestion of our food, it becomes important on this account that we should attend to its *quantity*, quality, and the periods of taking it, with a view to ensure its perfect digestion. With respect to *quantity* : there can be no advantage in putting more food into the stomach than it is competent to digest, for the surplus can never afford nourishment to the body: on the contrary, it will be productive of various evils. Being in a warm and moist place, the undigested food will undergo those chemical changes natural to dead vegetable and animal matter : the vegetable food will ferment and become

acid, the animal will grow rancid and putrid. This is only rendered evident occasionally, when a disordered stomach rejects some of its contents: then, the teeth are roughened, and set on edge by the corrosive qualities of the acid, and the throat feels burnt by the acrimony of the rancid oil. These effects, though occasionally made apparent, must constantly take place, unless by the digestive powers of the stomach, the food is converted into a new substance which is not liable to these chemical changes.

Such new and irritating compounds may not, indeed, materially injure a healthy stomach, but cannot fail to be detrimental to one that is weak and irritable, as well as to the whole tract of the alimentary canal, and thus maintain and aggravate its disorder. Part of the food thus changed will be imbibed from the bowels, and render the blood impure, from which there is no outlet for various kinds of matter but through the kidneys; and this may prove a cause of foul urine, as well as of the presence of many substances in that fluid not

natural to it, and be productive of *serious* diseases in the urinary organs.

Observing the evils resulting from the undigested aliment, we surely ought cautiously to guard against them, by proportioning the quantity of our food to the digestive power. Nature seems to have formed animals to live and enjoy health upon a scanty and precarious supply of food: but, man in civilized society having food always at command, and finding gratification from its taste, and a temporary hilarity and energy result from the excitement of his stomach, which he can at pleasure produce, eats and drinks an enormous deal more than is necessary for his wants or welfare: he fills his stomach and bowels with food which actually putrefies in those organs: he fills all his blood vessels till he oppresses them, and induces diseases in them, as well as in the heart."

Again, the same author proceeds, "The rules, then, for diet may be thus summarily expressed: We should proportion the quantity of food to the powers of the stomach, adapt its

quality to the feelings of the organ, and take it at regular intervals of six or seven hours, thrice during the day. It would be well if the public would follow the advice of Mr. Addison, given in the Spectator, of reading the writings of L. Cornaro, who having naturally a weak constitution, which he seemed to have ruined by intemperance, so that he was expected to die at the age of thirty-five, did at that period adopt a strict regimen, allowing himself only twelve ounces of food daily. By this plan of diet, he lived to more than one hundred years ; and it is delightful to observe the tranquil, cheerful, and energetic state of mind accompanying his bodily health, and in a great degree induced by it. CORNARO found that as the powers of his stomach declined with the powers of life in general, it was necessary he should diminish the quantity of his food, and by so doing he retained to the last day of his life the feelings of health. At the suggestion of Mr. Abernethy, I will introduce a short quotation from Cornaro himself : he says, ‘Alas ! there are some who think it more eligible to live

ten years less, than to be upon the restraint, and deprived of whatever may gratify the cravings of their appetites. They little know the value of ten years of Healthful Life, in an age when a man may enjoy the full use of his reason, and make an advantage of all his experience: in an age, wherein, a man may appear to be truly such, by his wisdom and conduct; and in a time, wherein, he is in a condition for reaping the fruits of his studies and labours. To instance only in the sciences; it is certain, that the best books we have extant, were composed in those last ten years which the intemperate despise; and that men's minds growing to perfection probably as their bodies grow old, the Arts and Sciences would have lost a great deal of their perfection, if all the Great Men who were professors of them, had lived ten years shorter than they did. For my part, I think it proper to keep the fatal day of my death as far off as I can. If this had not been my resolution, I should not have finished several works, which will be both pleasing and instructing to those who come after me.' ”

Lewis Cornaro lived more than a hundred years, and it is recorded of him, that when he felt his last hour draw near, he disposed himself to leave this life with the piety of a Christian, and the courage of a Philosopher.

He made his last will, and set all his affairs in order, after which he received the last Sacraments, and expected death patiently in an elbow chair. In short, “ it may be said, that being in good health, feeling no manner of pain, having also his mind and eye very brisk, a little fainting took him, which was instead of an agony, and made him fetch his last breath.” He died at Padua, on the twenty sixth of April 1556.

Before concluding this little work, I cannot instil too much into the minds of my readers, that exercise is of the very greatest importance, not only in restoring health, but also in preserving it. The elegant author already alluded to, justly observes, “Had not exercise been absolutely necessary for our well being, nature would not have made the body so proper for it, by giving such an activity to the

limbs, and such a pliancy to every part as necessarily produce those compressions, extensions, contortions, dilations and all other kinds of motions that are necessary for the preservation of such a system of tubes and glands. And that we might not want inducements to engage us in such exercise of the body, as is proper for its welfare, it is so ordered that nothing valuable can be procured without it. Not to mention riches and honours, even food and raiment are not to be come at, without the toil of the hands, and the sweat of the brow. Providence furnishes materials, but expects that we should work them up ourselves.

The earth must be laboured before it gives its increase, and when it is forced into its several products, how many hands must they pass through, before they are fit for use. Manufactures, trade and agriculture, naturally employ more than nineteen parts of the species in twenty: as for those, who are *not* obliged to labour, they are *more miserable* than the rest of mankind, unless they indulge themselves in

that voluntary labour which goes by the name of Exercise.”

Yes, indeed, this voluntary labour is a very pleasant system ! how many hundreds of persons have I seen, *labouring* in this fashion at Watering Places, to *get* an appetite, as they call it ! They were acting on philosophical principles without being aware of it.—Then, let me advise all invalids who visit Scarborough, to live almost constantly in the open air, and to take as much exercise as they conveniently can, without causing great weariness ; also to avoid all *rich* and *highly seasoned* dishes. Mr. ABERNETHY, even objected to his dyspeptic patients taking any thing to drink during their meals,—supposing that the food becoming diluted with the fluid, prevented the gastric juice from acting with sufficient power in the process of digestion. However, to this rule there are exceptions, as I have frequently found that when patients *really* require wine, that a glass or two during the meal, has not only been very grateful, but attended with the very best effects. It is true, that wine is not always

necessary ; and that, generally speaking, Dyspepsia is very soon relieved by paying strict attention to diet, and to the state of the stomach and bowels ; at the same time taking a sufficient quantity of exercise, to which, at Scarborough, there are so many inducements. We have, probably, a greater variety of charming walks, than is to be found in most other watering places. The sands are always highly amusing, and the esplanade at the Spa is a most delightful promenade, particularly at the time of high water ; and in the season it is enlivened with a band of music every other evening ; the numerous beautiful walks on the hanging terraces, cut out on the neighbouring heights, are unequalled in England ; and it is from these eminences, that we have at every step, the most splendid views imaginable of the castle, bay, and cliffs. Of all the modes of exercise, walking appears to be the best calculated for promoting health, at least it is the most natural, and has the advantage of economy for its patron ; however, when it is too fatiguing to the patient, or if there be other

reasons why it should not be resorted to, then the enjoyment of riding or driving may be substituted. After the heaviest showers, the Bridge, suspended as it were, between Heaven and Earth, almost immediately affords a pleasant walk, not unlike the quarter deck of a man-of-war ; the foot-way is boarded, and the extensive view of the ocean, bounded only by the horizon, lies directly below. The nicely gravelled walks round the Cliff, which is a very fashionable part of Scarborough, are dry in a few minutes, and the sands, to the north and south of the town, afford ample space for those who prefer riding on horseback, or driving in a carriage.

The south sands, on account of the Spa being in that situation, are generally crowded with visitors ; but those who love quiet and meditation, may sometimes enjoy a more lonely walk on the northern shore, where we have in melancholy view, the lofty ruin of the ancient Castle, which, like a giant spectre of ages long past, looks desolately down upon us !

ON THE
UTILITY OF THE BATH.

ON THE

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“Les bains tièdes conviennent donc dans presque toutes les affections Herpétiques. Non seulement ils concourent à la guérison, mais ils peuvent l'opérer dans quelques circonstances sans l'intermédiaire d'aucun autre moyen curatif.”

ALIBERT.

It seems reasonable to suppose, that bathing would be practised in the very earliest state of society ; insomuch, that the very comfort of ablution in warm countries, is quite sufficient to induce the most uncultivated savages to indulge in this most refreshing luxury. When our celebrated navigators first discovered the numerous islands in the Pacific Ocean, they were not a little surprised to find that the natives, almost, as it were, lived in the water, and

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the women were no less expert in the art of swimming than the men. We are told that the Grecians, so early as the heroic ages, bathed in the sea as well as in rivers, and HOMER speaks of hot baths having been used in the time of the Trojans, though at that time, they seemed not to have been so commonly used as at a later period. It would appear, indeed, that in the early ages, the Greeks not only discouraged, but even prohibited public baths, so that the method of bathing used, was in a kind of tub, and sometimes a more elegantly formed vessel was made use of, supported by claws, in which the bather stood, and had the water poured over his head and person.*

* The oldest print which I am possessed of, representing a *hot bath*, is the bleeding to death of SENECA; he is represented as sitting in a sort of *round tub*, with the blood flowing from both arms; this print is in the celebrated *Nuremberg Chronicle*, printed at Nuremberg in the year 1493. I have also another print of Seneca in the same situation, which is in a folio copy of his works, published at Antwerp, in 1652; in this print, he is represented as *standing* in a bath, which is like an elegantly formed *foot-bath*; and I have no doubt, but the drawing was taken from an ancient specimen of the kind.

It is clear, that the ancient Romans followed the example of the Greeks, in the luxury of the hot bath ; the word *Thermæ*, sufficiently proving the origin to be Grecian.

The Romans being much engaged in agriculture, it was usual with them, every evening after the duties of the day were finished, to wash their legs and arms, before sitting down to supper ; the use of linen was unknown, and as the people of that age went about with the legs and arms quite bare, they were exposed of course, to much dust and dirt. When the country people visited Rome, to attend the assemblies of the people, or the *feriæ Nundinæ*, they were in the habit of *bathing* in the Tiber, or in some other river, that happened to be near to them. Little more than this seems to have been known of bathing till the time of Pompey, when it became the custom to bathe every day.

The ancients not only bathed for the luxury, and for the sake of cleanliness, but also with the intention of curing diseases ; it being frequently recommended by the ancient phy-

sicians. The first instance of the cold bath being recommended in a medical point of view, is that of Melampus, the celebrated Physician, who bathed the daughters of the king of Argos : and it was also successfully recommended by ANTONIA MUSA, physician to the emperor AUGUSTUS, who is said to have been restored to health by the use of it. The Romans had their public baths of a very stupendous size and most sumptuously decorated, as those of Caracalla, and Dioclesian ; the remains of which are to be seen at this day. Some persons are said to have bathed seven times a day, as COMMODUS, the emperor is reported to have done ; others usually twice a day, and they were anointed with the most costly ointments. Rich ladies bathed themselves in milk, and their other extravagances, in regard to their baths, were so enormous, that many people at the present day would scarcely give credit to them, if related.

The *baths* even of private persons were very lofty buildings, and were ornamented in the most superb style. JUVENAL, speaking of the expences of private persons in whatever

gratified their own luxury, specifies particularly their *baths* and *porticos*. Sat. vii. 178.

“*Balnea sexcentis, et pluris porticus.*”

At this day, bathing, amongst the Turks, as formerly with the ancients, is considered an affair of the greatest importance. Indeed, the great necessity for cleanliness in a climate where the body perspires so profusely, has rendered bathing indispensable; and the comfort derived from it, causes its use to be continued. MOHAMMED, who was well acquainted with its utility, has reduced it in the Koran to a precept, so that in every Turkish town, and even village, there are public bathing establishments. Concerning their baths, and the peculiar method of bathing, particularly at Cairo, the following account is given by M. Savary, in his Letters on Egypt.

“ The first apartment we find in going to the bath, is a very large hall, which rises in the form of a rotundo. It is open at the top, to give a free circulation to the air. A spacious estrade, or raised floor, covered with a

carpet, and divided into compartments, goes round it, on which we lay our clothes. In the middle of the building, a *jet d'eau* spouts up from a basin, and agreeably entertains the eye. When you are undressed, you tie a napkin round your loins, take a pair of sandals, and enter into a narrow passage, where you begin to be sensible of the heat. The door shuts to, and at twenty paces off, you open a second, and go along a passage, which forms a right angle with the former. Here the heat increases. They who are afraid of suddenly exposing themselves to a stronger degree of it, stop in a marble hall, in the way to the bath properly so called. The bath is a spacious and vaulted apartment, paved and lined with marble, around which there are four closets. The vapour incessantly rising from a fountain and cistern of hot water, mixes itself with the burning perfumes. These however, are not burnt, except the persons who are in the bath desire it. They mix with the steam of the water, and produce a most agreeable effect.

“ The bathers are not imprisoned here as in Europe, in a sort of tub, where one is never at one’s ease. Extended on a cloth spread out, the head supported by a small cushion, they stretch themselves freely in every posture, whilst they are wrapped up in a cloud of odoriferous vapours, which penetrate into all the pores. After reposing there some time, until there is a gentle moisture over the whole body, a servant comes, presses you gently, turns you over, and when the limbs are become supple and flexible, he makes all the joints crack without any difficulty, he seems to knead the flesh without making you feel the least pain. This operation being finished, he puts on a *stuff* glove, and rubs you a long time.

During this operation, he detaches from the body of the patient, which is running with sweat, a sort of small scales, and removes even the imperceptible dirt that stops the pores. The skin becomes soft and smooth like satin. He then conducts you into a closet, pours the lather of perfumed soap upon your head and withdraws.

“After being well washed and purified, you are wrapped up in hot linen, and follow the guide through the windings that lead to the outer apartment. This insensible transition from heat to cold, prevents one from suffering any inconvenience from it. Coming at last out of a stove where one was surrounded by a hot and moist fog, where the sweat gushes from every limb, and transported into a spacious apartment open to the external air, the breast dilates and one breathes with voluptuousness. After this, one feels perfectly renovated and a feeling of universal comfort comes over the whole frame. The blood circulates with freedom; and the whole body seems as if it were disengaged from an enormous weight, together with a suppleness and lightness to which one has been hitherto a stranger. A lively sentiment of existence diffuses itself to the very extremities of the body. Whilst it is lost in delicate sensations, the soul, sympathizing with the delight, enjoys the most agreeable ideas. The imagination wandering over the universe, which it embellishes, sees

on every side the most enchanting pictures, everywhere the image of happiness. If life be nothing but the succession of our ideas, the rapidity with which they then recur to the memory, the vigour with which the mind runs over the extended chain of them, would induce a belief that, in the two hours of that delicious calm, that succeeds the bath, one has lived a number of years."

Many experiments have been made on Warm Bathing, which give convincing evidence that the construction of public baths, and the general practice of warm bathing would prove no less beneficial to the public health, in northern than in southern latitudes. Indeed, in no country would they be more salutary than in our own island, where the continual changes of temperature and weather are annually destroying by consumptions, and other disorders brought on by these causes, the fairest and most hopeful of our rising generation.

In England, it is only within the last few years that public baths have been erected in many of the fashionable watering places; and

although in some of our large towns there are spacious and handsome public baths, still the practice of bathing is not carried to the extent that it ought to be. Every one, who wishes to *preserve* health, will receive much benefit from the warm bath, even when apparently perfectly well; I need scarcely say how refreshing it is after a long journey, or severe exercise of any description; also, how likely to prevent any disorder after long exposure to cold, when the pores have become constricted and the natural perspiration checked.

The warm bath is especially useful in chronic and acute rheumatism, in irregular gout and a variety of diseases of the skin, in which it is desirable to produce a determination of blood, and nervous energy to the surface of the body. M. Alibert, in his excellent work, "SUR LES MALADIES DE LA PEAU," observes, Je traitois à l'hôpital Saint-Louis une Dartre squammeuse humide (*Herpes squamosus madidans*) qui étoit universellement répandue sur les tégumens. Cette éruption se dissipâ par l'effet des simples bains tièdes, pris tous les

jours et pendant l'espace de deux heures. La peau devint peu à peu moins rouge, et se nettoya entièrement. J'ai vu plusieurs faits de ce genre sur des enfans, sur des adultes, sur des vieillards." When it is employed on the first symptoms of catarrh, irritation in the chest or bowels, by promoting the secretion of the skin, and equalizing the circulation throughout the whole body, the warm bath is capable of preventing the most serious disorders.

THE COLD BATH.

There is perhaps no Watering Place better adapted for sea-bathing than Scarborough, the slope of the sands introduces you so pleasantly into the Ocean ; and the sands, being so perfectly free from the rough gravel which is so common on many shores, make the bathing here, really a delightful luxury. Those who bathe merely for pleasure must be careful not to stay in the water so long as to have a starved feeling ; in such cases the skin becomes pale, and assumes a peculiar rough appearance ; the perspiration is completely suppressed, and it will be well if no mischief be done even to those of a good constitution.

As there is a certain degree of discrimination necessary to be observed in the propriety of using the Cold Bath, it would be wise to take the advice of a Physician before employing it; more particularly when the bather is an invalid.

It is always hazardous for persons of a plethoric habit of body, who are liable to bleeding at the nose, to the spitting of blood, or where there is a predisposition to apoplexy; nor should bathing be used by those who suffer from affections of the heart, or morbid complaints of an inflammatory nature of the intestines, or other viscera.

In some nervous affections, the cold bath is frequently of use; but still, as there are exceptions to this rule, it should not be used without the consent of the Physician:—also in the intervals of the paroxysms of Asthma, it has been found highly beneficial.

The pleasantest and most agreeable time for bathing is certainly in the morning before breakfast; but those persons whose constitutions are delicate, experience a more ready

reaction of the system, if they bathe about an hour or two after breakfast.

If the bather be in good health, and remain only a few minutes in the water, it will, be found on rubbing dry with a coarse towel that the skin puts on a healthy glow, and the vigour of the body seems much increased; it is only when this reaction is experienced, that any good can be expected to arise from the use of sea-bathing. On the other hand, when the body is greatly debilitated from disease or other causes, the cold bath should not be incautiously used, as it will then, generally speaking, not only be improper, but may also prove highly prejudicial to the patient. The cold *shower bath* is frequently of great service to those afflicted with a general weakness, and is particularly useful when the patient suffers from some affections of the head, in which the cold plunging bath might be considered likely to cause too great an influx of blood to the brain, besides, the water falling on the head in the erect position may possibly make it prove more beneficial. For those who suffer

from debility, the shower bath is so nicely managed, that the body is only exposed for a minute or two, to the effects of cold water, so that the reaction of the system is rendered more certain, which is a matter of great importance to such invalids.

THE END.



S. W. Theakston, Printer, 31, Long Room Street, Scarborough.







